

Week 1: Zoo

Activity of the week

San Diego Zoo

Learn about the animals at the zoo:

<https://zoo.sandiegozoo.org/animals-plants>

Watch live videos of animals at the zoo:

<https://zoo.sandiegozoo.org/live-cams>

Watch other animal videos:

<https://zoo.sandiegozoo.org/videos>

Test your knowledge with the following animal trivia questions:

1. How many legs does an octopus have?
2. What is a baby kangaroo called?
3. What is the tallest animal in the world?
4. What food do pandas eat?
5. What animal sleeps standing up?
6. What is the slowest animal in the world?
7. What color are zebras?
8. How many arms do starfish have?
9. What is a group of lions called?
10. What is the largest animal in the world?

Answers: 1. Eight; 2. Joey; 3. Giraffe; 4. Bamboo; 5. Flamingo; 6. Sloth; 7. Black with white stripes; 8. Five; 9. A pride; 10.

Blue whale.

Week 1: Zoo

Day 1

Equipment

Skipping rope, soft toys, bean bags,
bowl/bucket, chairs, pillows, music player
(computer, TV, cell phone, etc.)

Fundamental movement skills

Skipping, jumping, and balancing

Warm up

Take it easy during this stage. The warm up game will prepare your mind and body for the main activities. You should always complete a warm up before doing physical activity!

Song and dance

Play your child's favorite music and dance for 5 minutes or try dancing along to some of these songs:

Five little monkeys

<https://www.youtube.com/watch?v=weHSNI8CbDo>

We are going on a bear hunt

https://www.youtube.com/watch?v=5_ShP3fiEhU

Baby shark

<https://www.youtube.com/watch?v=XqZsoesa55w>

Disney playlist

<https://open.spotify.com/playlist/5VbUkWYSGqmDKwduuCPAL9?si=KQBvPKKtRaCHIWN2yn0M0A>

Main activities

Please try to do the following activities for 20 to 40 minutes. You do not have to complete all the activities and games listed. If your child is engaged in certain activities, you can

spend more time on these activities. If you only get through half the activities that is okay.
Additionally, these activities and games can be done indoors or outdoors!

Game 1

Animal charades

Print a picture and write the names of various animals on slips of paper. Fold the slips of paper and drop them into a bowl. Take turns choosing a slip of paper and acting out the animal until someone guesses the animal correctly.

Animal suggestions: Elephant, giraffe, monkey, lion, bird, camel, zebra, bear, horse, etc.



Image from <https://www.freevector.com/vector/animals>

Game 2

Crab carry

Show your child how to walk like a crab: hands and feet on the floor, stomach facing up.

Once they can do it, give them a challenge. For example, you can ask them to crab walk

towards a pile of stuffed animals, rescue a stuffed animal by placing it on their stomach, and crab walking the stuffed animal to safety.

Variations:

- Balance bean bags or other soft objects on your belly and move across a marked finish line.
- Try a relay race. Place a cup or bowl across the room and try to carry small objects (e.g. balls, cotton balls, lego pieces) on your belly to the cup or bowl. If you drop the object while travelling, you have to go back to the starting point. The goal is to see how fast you can fill the cup or bowl with all the objects.
- Try to walk like a different animal! For example, a bear, snake, or donkey.



Image from <https://www.milestonepedstherapy.com/blog>

Game 3

Animal musical chairs

While playing music, have your child dance around like an animal. When the music stops, have them sit on a chair or couch. If they do not find a place to sit in 5 seconds, they have to

do 5 starfish jumps or balance in a flamingo pose for 5 seconds. Challenge them to be a different animal every round!

Cool down

Guide your child through the following yoga poses to slow their heart rate and stretch their muscles. Hold each pose for 30 seconds.



Image from <https://www.kidsyogastories.com/zoo-animals-yoga/>

Variation: Try the following seated stretches if your mobility or balance is limited. Hold each stretch for 30 seconds.

ANIMAL YOGA



1. Pretend to be an eagle.



2. Pretend to be a sheepdog.



3. Pretend to be a turtledove.



4. Pretend to be a lion.



5. Pretend to be an echidna.

KIDS YOGA
STORIES

Week 1: Zoo

Day 2

Equipment

Skipping rope or scarf, soft toys, bean bags or socks, bowl or bucket, chairs, pillows, music player (computer, TV, cell phone, etc.)

Fundamental movement skills

Hopping, running, skipping, and balancing

Warm up

Take it easy during this stage. The warm up game will prepare your mind and body for the main activities. You should always complete a warm up before doing physical activity!

Song and dance

Play your child's favorite music and dance for 5 minutes or try dancing along to some of these songs:

Five little monkeys

<https://www.youtube.com/watch?v=weHSNI8CbDo>

We are going on a bear hunt

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Game 1

Animal races

Create a circuit for the children to go through using chairs, pillows, teddy bears, and any other items you have at home. Each time they go through the circuit, they will have to act like a different animal:

- Hop like a frog
- Run on all fours like a dog
- Crawl on the ground like a lizard
- Hop like a bunny
- On one foot like a flamingo

Variations:

- Set a distance they need to go.
- Time them and encourage them to beat their time when they repeat the circuit! You can even ask them to mimic the speed to each animal; which animal can move the fastest?

The following link contains more information on how to build an obstacle course at home:

<https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps>



DIY TODDLER OBSTACLE COURSE



Image from <https://littlelearningclub.com/toddler-obstacle-course/>

Game 2

Snakey Snake

You will need a skipping rope or scarf for this activity. Have two people hold the ends of a skipping rope or scarf (or tie one end to a fixed object) and snake it back and forth along the ground. Your child will have to jump back and forth over the snake without touching it!

Variations:

- Spin in circles with the skipping rope or scarf on the ground and have your child try to jump over it.
- Hold the rope slightly off the ground so that your child has to jump higher.

- If your child touches the skipping rope or scarf, they have to do 5 bear crawls or 5 frog jumps.

Game 3

Crab carry

Show your child how to walk like a crab: hands and feet on the floor, stomach facing up.

Once they can do it, give them a challenge. For example, you can ask them to crab walk towards a pile of stuffed animals, rescue a stuffed animal by placing it on their stomach, and crab walking the stuffed animal to safety.

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Day 3

Equipment

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Fundamental movement skills

Jumping, running, and balancing

Warm up

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Game 1

Under the Sea

Put on an underwater themed song.

Example: <https://www.youtube.com/watch?v=F2gUQP-1C7A>

Spend a few minutes pretending to swim, and then pretend to be some of the creatures you might see underwater. For example, fish, whale, octopus, shark, eel, dolphin, star fish, etc.



Image from <https://www.huckleberry-hearts.com/product/under-the-sea-clipart/>

Game 2

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Game 3**Animal musical chairs**

While playing music, have your child dance around like an animal. When the music stops, have them sit on a chair or couch. If they do not find a place to sit in 5 seconds, they have to do 5 starfish jumps or balance in a flamingo pose for 5 seconds. Challenge them to be a different animal every round!

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ZOO YOGA



I am an elephant.
WIDE-LEGGED STANDING FORWARD BEND



I am a crocodile.
PLANK POSE



I am a bear.
DOWNWARD-FACING DOG POSE



I am a tiger.
CAT POSE



I am a hippo.
CHILD'S POSE

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Zoo Animals Yoga PRINTABLE POSTER

Image from <https://www.kidsyogastories.com/zoo-animals-yoga/>

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